



The Moat SPA

at RUTHIN CASTLE





RUTHIN CASTLE
HOTEL & SPA
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The Moat Spa prides itself in providing a unique and therapeutic experience.

ESPA

By offering ESPA treatments and products we can guarantee you'll leave feeling rejuvenated and revived.

Why ESPA?

Creators of the world's finest spas, ESPA has pioneered the science of natural beauty in a potent collection of radically effective formulations.

Using only the very purest extracts, ESPA biochemists distil active ingredients into products that keep their promises. For instant, lasting results, every day.

The spa business came first. When we couldn't find products that we were happy with, we decided to create them ourselves. Each one is an expression of our belief in the remarkable power of nature to calm, refresh and renew.

All ESPA treatments begin with a Sensory test, this helps us to understand what your body requires so you can get the best results from your treatment.



Facials

Focused on naturally improving the condition of the skin to provide outstanding instant and long-term results. Every facial begins with a detailed skin analysis and includes specific double cleansing techniques, gentle exfoliation, an acupuncture facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental head massage with Pink Hair and Scalp Mud, then enjoy specific moisturising and skin protection to suit your needs.



Skin Radiance Facial - 55 minutes..... £60

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Re-Hydrator Facial - 55 minute..... £60

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

De-sensitiser Facial - 55 minutes £60

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

Skin Purifying Facial - 55 minute..... £60

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

Age Defyer Facial - 55 minutes £65

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin.

Special age-defying massage techniques help hydrate and

protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

Personalised Express Facial - 25 minutes..... £32

This 25 minute treatments offers the perfect taste of ESPA. Catered to your skin type it will deeply hydrate and soften your skin to leave it bright and refreshed.

Lift & Firm Eye Treatment - 25 minutes £35

Perfect for concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines & protect against the impact of the environment. This treatment also helps relieve tension from eye-strain and computer headaches, whilst being a luxurious addition to any ESPA Facial

Body

Aromatherapy Full Body Massage - 55 minutes.. £55

A full body massage that focuses on relaxing and rebalancing the body as well as working on muscle tension leaving the mind, body and soul working in harmony.

Swedish Full Body Massage - 55 minutes..... £55

Using the traditional Swedish massage movements of effleurage, hacking and cupping this massage stimulates circulation, lymphatic's and works on muscle tension for an energising experience.

Deep Muscle Full Body Massage - 55 minutes £60

Not only for Athletes this massage uses elbows and forearms to work deep into tense muscles which can relieve concerns such as Aches & Pains, Headaches, migraines, stiffness and cramping.

Hot Stone Full Body Massage - 55 minutes £60

A known luxury treatment, a full body hot stone massage will have you floating on clouds. The Bali stones help to preserve the heat for longer as we combine them with manual massage, working on tension, aches & pains and place them on key chakra points to rebalance the body's energy.

Back, Face & Scalp Treatment - 75 minutes..... £80

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation and back massage - facial - scalp massage

Back, Neck & Shoulder Massage or Shoulder, Neck & Scalp Massage - 25 minutes..... £30

Perfect to target the main areas of tension. This treatment is adjusted to your needs so you can get the most out of the time you have.

Invigorating Foot Ritual - 25 minutes..... £30

Salt & Oil Scrub - 25 minutes £30

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Body Polish is applied instead of Salt & Oil Scrub.

Copper Bath Ritual - 45 minutes £30

The copper bath ritual is the ultimate bath experience. For individuals or couples you're able to soak away any troubles whilst making the most of ESPA bath & body products. Relax alone for 45minutes and emerge a new you. Ideal to have before a treatment.

luxury back treatment - 40 minutes..... £60

This luxury back treatment is perfect for total relaxation as well as targeting muscle tension and stress. This treatment starts with a back exfoliation followed by a back massage, a luxury mud mask is then applied complimented with a scalp massage.

Nails

Deluxe Manicure - 75 minutes..... £36

The ultimate hand experience. This manicure works on nails, cuticles with an exfoliation, massage and mask to improve hydration and circulation finish with a colour of your choice.

Deluxe Pedicure - 75 minutes..... £35

The ultimate Foot experience. This Pedicure works on dry skin, nails, cuticles with an exfoliation, massage and mask to improve hydration and circulation finish with a colour of your choice.

Zen Pedicure - 60 minutes..... £32

Prescriptive Manicure - 60 minutes..... £30

Gelish overlays - Hands/Toes - 60 minutes..... £25

Gelish Removal - 30 minutes £10

File & Polish - Hands/Feet - 30 minutes £18

Waxing

Eye Brow shape - 15 minutes..... £7

Lip/Chin wax - 15 minutes..... £7

Underarm Wax - 15 minutes..... £10

Standard Bikini Line - 30 minutes..... £12

High Bikini Line - 30 minutes..... £16

Half Leg Wax - 30 minutes..... £18

Full Leg Wax - 45 minutes £25

Full Leg, Bikini & Underarm - 75 minutes £38

Tinting

Eye Brow Tint - 15 minutes £10

Eyelash Tint - 30 minutes £14

Eyelash tint, Eye brow tint, Shape - 45 minutes.. £25

Make Up

bareMinerals

bareMinerals Makeup and bareMinerals Skincare were created to enhance your skin from the outside in.*For years, we've researched the power and potential of minerals to nourish, energize and renew—our 24-hour mineral care system is purposefully designed to continuously bring these benefits to you. Every mineral in our proprietary formulations is carefully selected to deliver proven results. bareMinerals Makeup utilizes naturally derived minerals to give you exceptional long-lasting coverage, breathable lightweight wear, rich pigmentation with creamy blendability, and broad-spectrum UVA/UVB sun protection.

Make-Up Session - 45 minutes..... £30

Make-Up Lesson - 60 minutes..... £45

Bridal Make-Up Trial - 45 minutes £30

Bridal Make-up - 60 minutes..... £50

Bridal Trial & On the Day Make-Up

45 + 60 minutes £70

Spa Day Packages

Express Spa Day - £65.50pp

Includes a 25 minute ESPA Back, Neck and Shoulder Massage, a 25 minute ESPA Express Facial, robe and towel provided and full use of the spa facilities.

Retreat Spa Day For Two - £75.00pp

Includes the use of the VIP Couples Suite for 60 minutes prior to treatments comprising of: Copper Bath Ritual with ESPA bath oils, a 75 minute ESPA Back, Face and Scalp treatment, light lunch with a glass of wine, robe and towel provided and the full use of the spa facilities.

Indulgence Spa Day - £85.00pp

Includes a 25 minute ESPA Hot Stone Back Massage, a 25 minute ESPA Facial, Afternoon Tea, robe and towel provided and full use of the spa facilities.

Spa Hotel Breaks

Pure Bliss Spa Retreat - £139pp

1 x 25 minute treatment per person, Dinner, Light Lunch, Smoothie and Salad Bar

Rejuvenate and Relaxation Break - £189pp

1 x 55 minute treatment per person, Dinner, Light Lunch, Smoothie and Salad Bar.

The Ultimate Harmony Escape - £199pp

1 x 55 minute and 1 x 25 minute treatment per person, Dinner, Light Lunch, Smoothie and salad bar



Membership rates

Membership	Rates	Annual
Gym day pass	£5.00	-----
Spa Day Pass	£20.00	-----
Fitness Class	£4.00	-----
Bronze Membership includes full use of gym	£30 per month	£360 per year Pay up front for the year and receive five free classes
Silver Membership includes access to all fitness classes & use of spa facilities	£40 per month	£420 per year
Gold Membership includes two free personal training sessions per month, access to all fitness classes & use of spa facilities	£50 per month	£600 per year

Gift vouchers also available.

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